

## Amendments to the Claims

This listing of claims will replace all prior versions, and listings, of claims in the application:

### Listing of Claims:

1. *(Original)* An adjustable retractor, comprising:
  - an inner ring having a fluid-tight channel into which a fluid may be transferred to dilate the inner ring;
  - an outer ring spaced from the inner ring and having a fluid-tight channel into which a fluid may be transferred to dilate the outer ring; and
  - an elongate sleeve open at opposite ends, the sleeve extending between the inner and outer rings and being connected at opposite ends to the rings.
2. *(New)* An adjustable retractor according to Claim 1, further comprising a radial support structure that provides outwardly radial forces to the inner ring.
3. *(New)* An adjustable retractor according to Claim 2 wherein the radial support structure comprises a garter spring.
4. *(New)* An adjustable retractor according to Claim 1 wherein the fluid-tight channel of the inner ring is part of the elongate sleeve.
5. *(New)* An adjustable retractor according to Claim 1 wherein the fluid-tight channel of the outer ring is part of the elongate sleeve.
6. *(New)* An adjustable retractor according to Claim 1 wherein the fluid-tight channel of the inner ring comprises a discrete fluid tube.
7. *(New)* An adjustable retractor according to Claim 1 wherein dilation of the inner ring results in an increase in the overall diameter of the inner ring.

8. (New) An adjustable retractor according to Claim 1 wherein dilation of the outer ring results in an increase in the overall diameter of the outer ring.
9. (New) An adjustable retractor according to Claim 1 wherein at least one of the fluids is a liquid.
10. (New) An adjustable retractor according to Claim 1 wherein at least one of the fluids is a gas.
11. (New) An adjustable retractor according to Claim 1 further comprising a pressurized source from which fluid may be transferred to the inner ring.
12. (New) An adjustable retractor according to Claim 11 wherein the pressurized source comprises a syringe.
13. (New) An adjustable retractor according to Claim 11 further comprising a check valve in a fluid pathway between the pressurized source and the inner ring.
14. (New) An adjustable retractor according to Claim 11 further comprising an output fluid pathway through which pressurized fluid may be vented from the inner ring.
15. (New) An adjustable retractor, comprising:
  - an inner ring having a minimum overall diameter of 20 cm;
  - an outer ring spaced from the inner ring and having a minimum overall diameter of 20 cm; and
  - an elongate sleeve open at opposite ends, the sleeve extending between the inner and outer rings and being connected at opposite ends to the rings,
  - wherein the outer ring is provided with a pre-loaded rotational torque to assist with rotation of the outer ring about its central axis to roll the sleeve about the outer ring to adjust sleeve length.

16. (New) An adjustable retractor according to Claim 15 wherein the diameter of the inner and outer rings of the retractor is sufficiently large to allow the passage of a newborn infant therethrough.
17. (New) An adjustable retractor according to Claim 15 wherein the inner ring is elastic and may be deformed into an oblong shape for insertion into a surgical incision and is constructed to return to its original shape when released.
18. (New) An adjustable retractor according to Claim 17 wherein the inner ring is sufficiently elastic that it may be deformed sufficiently to fit through a surgical incision of 15 cm.
19. (New) A method of retracting the tissue surrounding a surgical incision, the method comprising:

providing an adjustable retractor comprising an inner ring having a fluid-tight channel into which a fluid may be transferred to dilate the inner ring, an outer ring spaced from the inner ring and having a fluid-tight channel into which a fluid may be transferred to dilate the outer ring and an elongate sleeve open at opposite ends, the sleeve extending between the inner and outer rings and being connected at opposite ends to the rings;

inserting the inner ring, in an undilated state, through the incision;

transferring fluid into the fluid-tight channel of the inner ring to dilate the inner ring; and

transferring fluid into the fluid-tight channel of the outer ring to dilate the outer ring, such that the dilation of the inner and outer rings causes the sleeve to exert an outwardly radial force on the tissue surrounding the incision.
20. (New) A method according to Claim 19 wherein the inner ring of the adjustable retractor further comprises a radial support structure that provides outwardly radial forces to the inner ring.

21. (New) A method according to Claim 20 wherein the radial support structure comprises a garter spring.
22. (New) A method according to Claim 19 wherein the fluid-tight channel of the inner ring is part of the elongate sleeve.
23. (New) A method according to Claim 19 wherein the fluid-tight channel of the inner ring comprises a discrete fluid tube.
24. (New) A method according to Claim 19 wherein dilation of the inner ring and outer ring results in an increase in the overall diameter of the rings.
25. (New) A method according to Claim 19 wherein a fluid used to dilate the inner and outer rings is a liquid.
26. (New) A method according to Claim 19 wherein a fluid used to dilate the inner and outer rings is a gas.
27. (New) A method according to Claim 19 further comprising providing a pressurized source from which fluid may be transferred to the inner ring.
28. (New) A method according to Claim 19 wherein the pressurized source comprises a syringe.
29. (New) A method according to Claim 19 further comprising venting fluid from the inner ring through an output pathway and removing the inner ring from the incision, once a surgical procedure performed through the incision is complete.